

Amendment to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-8 (canceled)

Claims 9-12 (canceled)

Claim 13 (previously presented): A method for shallow frying comprising:

- (i) providing a food composition comprising tryglycerides wherein at least 60 wt. % of triglycerides is of vegetable origin and 0.05-3 wt. % sunflower lecithin which is hydrolyzed to a degree of hydrolysis ranging from 0.1 to 0.5; and
- (ii) frying with said food composition in a shallow frying pan.

Claim 14 (canceled)

Claim 15 (previously presented): The method according to claim 13 wherein the sunflower lecithin is hydrolyzed and the degree of hydrolysis ranges from 0.2 to 0.4.

Claim 16 (previously presented): The method according to claim 13 wherein the sunflower lecithin is hydrolyzed and the degree of hydrolysis ranges from 0.25 to 0.33.

Claim 17 (previously presented): Food composition, suitable for shallow frying, comprising triglycerides, wherein at least 60 wt.% of triglycerides is of vegetable origin, and 0.05-3 wt.% sunflower lecithin, wherein the sunflower lecithin is hydrolyzed and has a degree of hydrolysis ranging from 0.1 to 0.5.

Claim 18 (New): Food composition, suitable for shallow frying, comprising triglycerides, wherein at least 60 wt.% of triglycerides is of vegetable origin, and 0.05-3 wt.% sunflower lecithin.

Claim 19 (New): Food composition, suitable for shallow frying comprising 0.05-3 wt.% sunflower lecithin which is hydrolyzed to a degree of hydrolysis ranging from 0.1 to 0.5.

Claim 20 (New): Food composition according to claim 19 wherein the sunflower lecithin is hydrolyzed and the degree of hydrolysis of the sunflower lecithin is 0.2 to 0.4.

Claim 21 (New): Food composition according to claim 19, wherein the degree of hydrolysis of the sunflower lecithin is 0.25 to 0.33.

Claim 22 (New): Food composition according to claim 19, wherein the food composition comprises:

30-100 wt.% fat phase
0-70 wt.% aqueous phase.

Claim 23 (New): Food composition according to claim 19, wherein the food composition comprises:

0-100 wt.% fat phase
0-60 wt.% aqueous phase.

Claim 24 (New): Food composition according to claim 22, wherein the food composition is a water in oil emulsion comprising:

60-90 wt.% fat phase
10-40 wt.% aqueous phase.